

**IN THE SPECIFICATION:**

*Please add the following paragraphs on page 2, after line 32:*

In a further form the resilient member has two ends, one end of the resilient member being fixed to the forehead rest, the other end of the resilient member is free, the free end capable of sliding relative to the forehead rest, the sliding of free end of resilient member allowing the user to adjust the height between the forehead rest and the forehead of the user.

Preferably the forehead rest includes a plurality of recesses, the free end of the resilient member including a slidible sleeve, the slidible sleeve sliding relative to the forehead rest and sizeably moving the resilient member to adjust the height of the resilient member, the sleeve also capable of being fixed into any one of the recesses, the recesses allowing varying degrees of height adjustment.

Preferably the forehead rest also including an aperture, the fixed end of resilient member fixed to the forehead rest by engaging into the aperture.

Preferably the resilient member includes a plurality of protrusions at each end, the protrusions at the fixed end of the resilient member engaging with the aperture to fix the resilient member to the forehead rest, the protrusions at the free end of the resilient member engaging with the sleeve to connect the resilient member to the sliding sleeve.

Preferably the forehead rest is substantially T-shaped, the forehead rest comprising two lateral arms extending outward from a vertical arm, the resilient member attached to at least one lateral arm of the forehead rest.

Alternatively the forehead rest is substantially I-shaped.

In a further form the resilient member has a fixed end and a movable end, the fixed end fixed to the forehead rest, the movable end is arranged on the forehead rest to form a substantially circular shape that provides a cushioning effect should a force be applied.

Preferably the movable end of the resilient member being threaded through an aperture in the arm to form the circular shape, the movable end of the resilient member being adjustable on the forehead rest to allow a user to adjust the size of the circular shape created by the resilient member.

Preferably the resilient member includes a plurality of spaced apart apertures on the resilient member, the forehead rest including a protrusion extending outward from the forehead rest, the protrusion capable of engaging with any one of the apertures on the resilient member to fix the movable end of the resilient member and fix the size of the circular shape, the plurality of spaced apart holes on resilient member allowing a user to adjust the size of the circular shape.

Preferably the forehead rest includes a holding sleeve, the holding sleeve holding the resilient member in a substantially correct orientation relative to the forehead rest and protrusion on the forehead rest.

Preferably the forehead rest is a substantially I-shaped piece.

In another form the resilient member is arranged on the forehead rest to form two arced sections relative to the forehead rest, the arced sections resting against a user's head and providing a cushioning effect.

Preferably the forehead rest includes at least one aperture, the resilient member curled through the aperture to form a middle section extending in the opposing direction to the arced sections.

Preferably the resilient member is folded back on itself to form the middle section, the resilient member having two ends, both ends of the resilient member fixed to opposing ends of the forehead rest.

Preferably the forehead rest includes a lip at each end of the forehead rest, the rest comprising an abutment at each end of the resilient member, the abutment engaging with the lip to fix each end of the resilient member to the forehead rest.

Preferably the forehead rest includes a pair of apertures the resilient member curling through both the apertures to form the middle section and arced sections.

Preferably the middle section can be pulled through or pushed through the aperture or apertures in order to increase or decrease the size of the arced sections.

Preferably the resilient member includes a plurality of spaced apart notches along the edge of the resilient member, the notches capable of engaging with the aperture or apertures to hold the middle section in place, the notches providing incremental positions for the middle section to be held and the notches providing incremental sizes of the arced sections.

Preferably the resilient member has notches along both edges of the resilient member to provide for better grip and engagement with the aperture or apertures.